

ACHIEVEMENT PATCH PROGRAM



RIFLE

North Carolina Hunter Safety Workbook



This training program is developed to teach the basics of rifle and rifle shooting safety. Complete this workbook to become a certified member.

This workbook will go through the basics of a rifle, types of rifles, how to use and safety for responsible hunting practices. The topics included are: Equipment, Safety Rules, Shooting Techniques, and Course Review. Complete these three steps, and you can receive an official North Carolina rifle patch and certification.

- 1** Learn types of rifles.
- 2** Learn rifle safety rules and shooting techniques.
- 3** Mail or email the completed review page of this workbook to receive your North Carolina Outdoor Heritage Advisory Council Achievement Patch and course completion document.

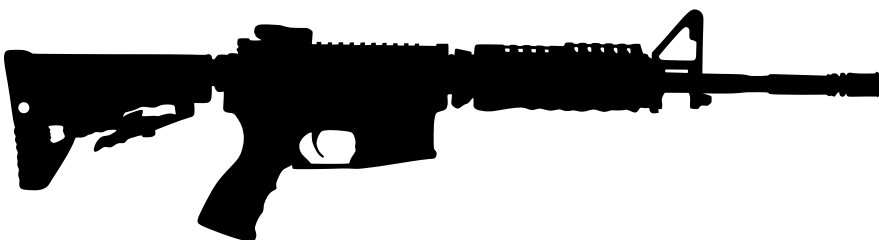
Types of Rifles



Bolt Action



Lever Action

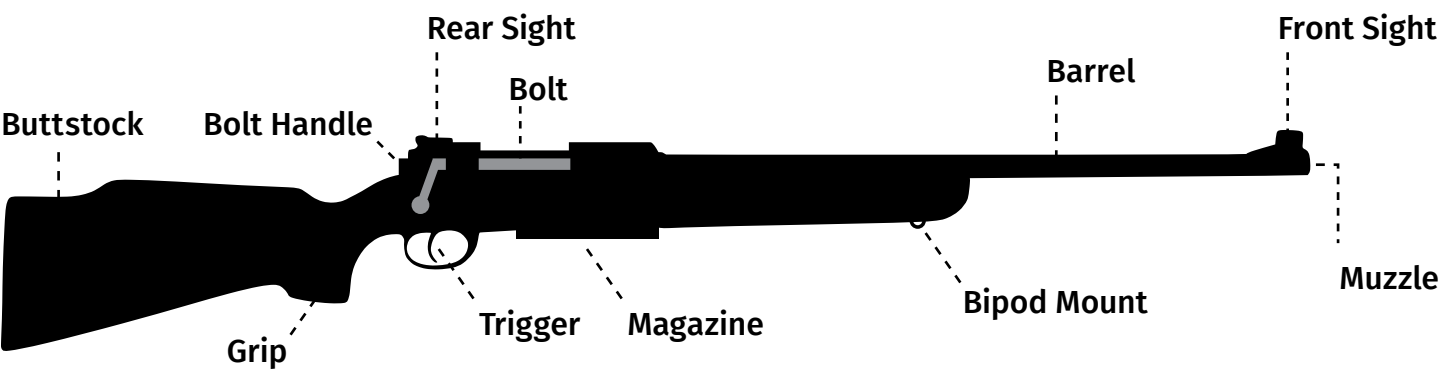


Semi-Automatic

Did You Know?

An AR or modern sport rifle is one of the most popular firearms currently on the market. Commonly referred to as an AR, the initials AR do not stand for Assault Rifle. AR stands for ArmaLite rifle after the company who developed it. The AR is not an assault weapon, and it is not an automatic weapon-one pull, one bullet. The AR-type rifles appeal to target shooters and hunters, as they are accurate, reliable, rugged, and versatile.

Diagram of a Rifle



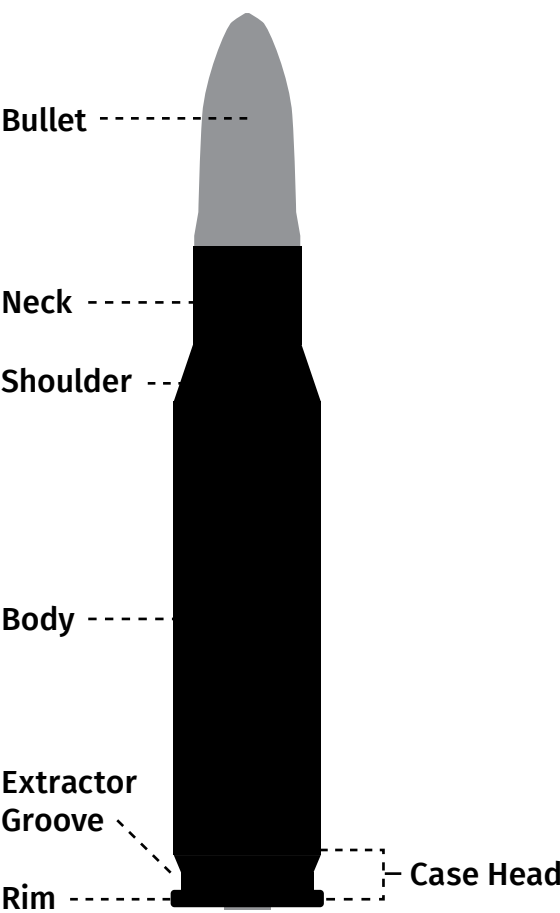
Uses of a Rifle

- Law Enforcement
- Personal Protection
- Competition
- Recreational Target Shooting
- Hunting

Typical Rifle Calibers

- .22
- .223
- .243
- .270
- .30-30
- .300
- .308
- .50

Diagram of a Rifle Cartridge



Rifle Safety Rules – Follow At All Times

- 1 Always keep the muzzle pointed in a safe direction.
- 2 Always keep finger off the trigger until you're ready to shoot.
- 3 Be sure of your target and what's beyond it.
- 4 Firearms should always be unloaded when not actually in use.
- 5 Don't rely on the gun's safety.
- 6 Use correct ammunition.
- 7 Always wear eye and ear protection when shooting.
- 8 Be sure the barrel is clear of obstructions before shooting.
- 9 If your gun fails to fire when the trigger is pulled, handle with care.
- 10 Learn the mechanical and handling characteristics of the firearm you are using.
- 11 Clean guns regularly.
- 12 Never use alcohol or drugs when handling your firearm.

Storage

Firearms should always be locked and stored so they are inaccessible to children or others who should not have access to them.

There are various types of locks and gun safes for long guns. While they may function in different ways, they all prevent the gun from being fired, but only when used properly.

SAFETY FIRST!

Rifle Shooting Fundamentals

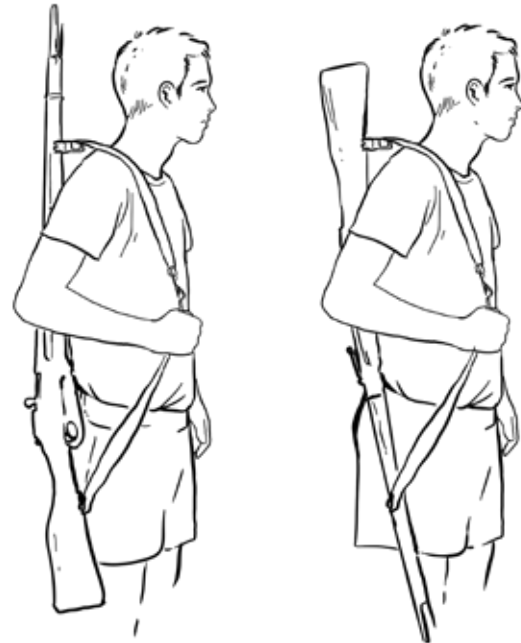
1 Safely Carry Your Firearm

It is very important to carry any gun safely while hunting. Three basic rules apply:

Always keep the muzzle pointed in a safe direction and the barrel under control.

Keep the safety in the “on” position while carrying a firearm. Only change the position of the gun’s safety to “fire” when you are ready to shoot.

Always keep your finger outside the trigger guard and off the trigger.



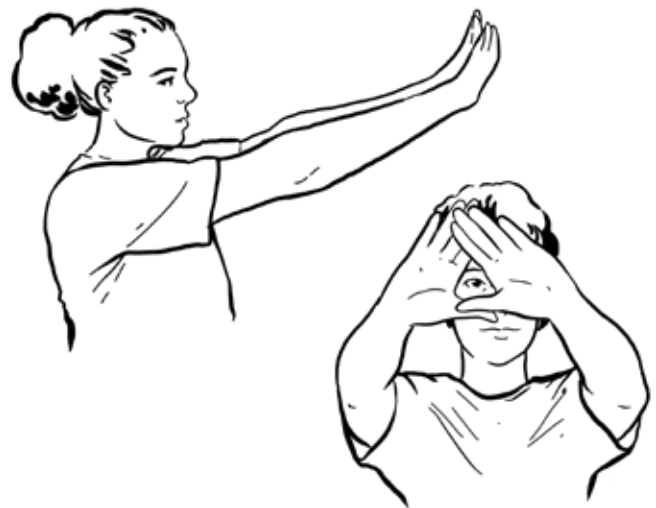
2 Find Your Dominant Eye

You need to aim your rifle with your dominant eye for accurate shooting. Your dominant eye is the same as your dominant hand, but not always. You will need to find your dominant eye before shooting your rifle.

How to determine your dominant eye:

- Make a triangular shape with your hands by opening with your thumbs and forefingers.
- Stretch out your arms directly in front of you.
- Find a distant object and focus on it while looking through the triangular opening – while keeping both eyes open.
- Slowly pull in your hands towards your face, while staying focused on the object through the opening; the opening will come to your dominant eye naturally.

Close one eye at a time, the weaker eye will only see the back of your hand; your dominant eye will stay focused on the object. Good vision is the foundation for good shooting and hunting safety. You should also get a routine eye exam.



3 Aiming

A rifle’s bullet does not travel in a straight line. Depending on the distance to the target, a bullet will arc due to gravity. Adjusting your rifle sights for different distances is a good way to practice at judging distance when hunting. Deer hunters commonly sight-in their rifles to hit a bullseye at 100 yards. Wind and temperature can also affect a bullets travel.

Remember to sight-in your rifle before every hunt to ensure accuracy.

Rifle Shooting Positions

1 Standing

Shooting in the standing position takes practice since you have to rely on your own strength and balance for support. Holding a rifle in this position can cause fatigue, which can cause shaking and produce inaccurate result. It is the quickest position to assume and is useful for quick shots or shooting over objects. If the rifle has a sling, this can add stability.



2 Kneeling

Kneeling can provide good stability for rifle shooters. A steadier result comes from your arm supported on your knee that is anchored to the ground. This position is nearly as stable as the prone, but kneeling can give you better clearance from the lower or medium-height obstacles.



3 Prone

The prone position provides excellent stability when executed correctly. Lie down on your stomach with your body pointing 10 to 20 degrees to the right of the target. Keep your weight on the left side of your body while keeping your shoulders square. Now, draw your right leg up as if preparing to crawl, keep your left leg straight. Keep your left arm at an angle, and your left elbow should be on the ground, just a little left of your rifle. The right elbow should be slightly out from your body and on the ground as well. Keep your head Perpendicular to the ground as much as possible. Hold this position while you snug the rifle into the pocket of your shoulder.



Rifle Shooting Positions *Continued*

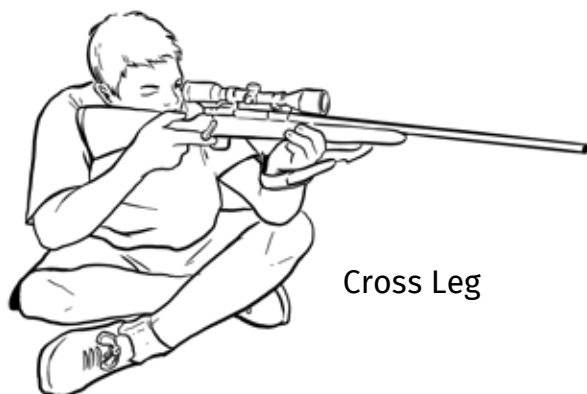
4 Sitting

Open leg, cross leg and cross ankle are all variations of the sitting position. When and where they are applicable often comes down to preference.

Open Leg: Extend your legs with them slightly bent – your knees may extend a bit wider, your feet should be about shoulder width apart. Keep your left foot as close to flat to the ground as possible. Place your left tricep on your left knee just forward and right of the kneecap. Your left hand will be close to or touching the front sling swivel.

Cross Leg: Similar to open leg, sit down with your body pointing slightly to the right of the target and legs extended. Cross the left leg over the right one. Place your left and right elbows just behind their respective knee with your left hand just forward of the rifle's chamber. This is the most common position when shooting in low light.

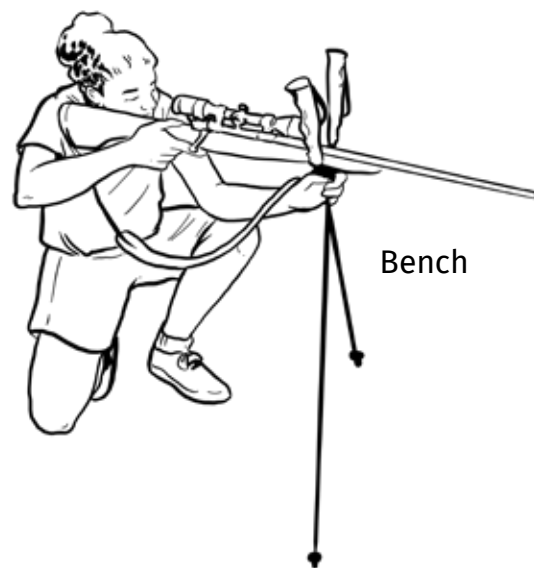
Cross Ankle: Get into position just as you would cross leg and open leg, except this time, cross your right leg over your left leg at the ankles and tuck them underneath you. Behind each respective kneecap on the inside of the thigh, place your left and right elbows. Just forward of the rifle's chamber is where your left hand should be.



Cross Leg

5 Bench

Pull the rifle back into your shoulder with your strong hand while supporting the toe of the stock and making minor adjustments with your support hand. As you pull the rifle back, lean into the butt with your shoulder – not a lot, but enough to steady the rifle and snug it into your shoulder. Next comes breathing; take a few deep breaths to oxygenate your brain and eyes, then let about half a breath out. This is called a respiratory pause. It's not like forcing yourself to hold your breath; it's more like letting some air out and relaxing.



Bench



Cross Ankle

Let's Review – Take the Quiz, Get that Rifle Patch

- 1** When picking up a rifle you should always point the muzzle in a safe direction.
☐ True
☐ False
- 2** Firearms should always be loaded and ready for any situation.
☐ True
☐ False
- 3** You should check the barrel of your rifle before shooting to make sure it's clear of obstructions.
☐ True
☐ False
- 4** Shooting in the standing position can be very accurate.
☐ True
☐ False
- 5** You should always have your finger on the trigger when holding or carrying your gun.
☐ True
☐ False
- 6** The initials AR stand for assault rifle.
☐ True
☐ False
- 7** Firearms should always be locked and stored so they are inaccessible to children or others who should not have access to them.
☐ True
☐ False
- 8** One of the many uses for a rifle is law enforcement.
☐ True
☐ False
- 9** Shooting in the prone position provides excellent stability when executed correctly.
☐ True
☐ False
- 10** You should clean your gun regularly.
☐ True
☐ False

Review what you've learned

**Complete this review,
and mail or email it to
us to receive your
official North Carolina
Outdoor Heritage Rifle
Achievement Patch!**



Let's Review – Take the Quiz, Get that Rifle Patch *Continued*

I have completed all of the following requirements (check off as you complete them):

- ☐ Pass the North Carolina Hunter Safety Course. (Please submit a picture of your card or certificate showing you passed.)
- ☐ Read and complete the quiz in this North Carolina Hunter Safety Workbook.
- ☐ Submit pictures of patch recipient using a rifle.

By signing this page, I confirm that I have learned the safe way to shoot a rifle. And I am ready to receive my patch. (Simply fill out this form, and mail or email it to the North Carolina Outdoor Advisory Council.)

Patch Recipient's Information

Name of Recipient: _____

Parent/Guardian Name: _____

Mailing Address: _____

Email: _____

I, the undersigned, acknowledge that this application was completed with true and accurate information. Additionally, all components to achieve the patch have been completed and all necessary documentation or pictures are included.

Signature of Instructor or Parent/Guardian: _____

Date: _____

Please return this completed workbook along with any additional supporting documentation that you would like included to:

By Mail:

North Carolina Outdoor
Heritage Advisory Council
1715 Mail Service Center
Raleigh, NC 27699-1715

By Email:

Email a PDF or photo
of this page to
info@ncoutdoorheritage.org

RIFLE

